

Weekly Diabetes Update

August 1, 2008

1. National Minority Donor Awareness Day

National Minority Donor Awareness Day is observed every August 1 to increase awareness of organ donation among African American, Hispanic/Latino, Asian, Alaskan Native, Pacific Islander and Native American populations.

In observance of National Minority Donor Awareness Day, Midwest Transplant Network calls attention to the 50,000 minority individuals who account for 53 percent of the United States transplant waiting list. There are nearly 100,000 people of all ages, races, and religions in desperate need of life-saving organ transplants that may not come in time. Hundreds of thousands more are in need of tissue transplants to restore their health, mobility and sight.

To find out how to become a donor, please visit www.mwtn.org.



2. Educational Opportunities

11th Annual Conference for Office and Clinic Nurses and Office Support Staff will be held on September 25, 2008 at the Peachtree Banquet Center in Columbia, MO. The purpose of this one-day conference is to update the knowledge and enhance the skills of office and clinic nurses and office support staff by providing evidence-based content applicable to their practice. The day offers a blend of clinical and relationship-centered topics applicable across all practice settings as well as specific breakout sessions targeted at practitioners in adult settings, practitioners in pediatric settings, and office support staff. Please visit this website for additional information: <http://nursingoutreach.missouri.edu/office08.htm>.

3. Twofold Action Urged for Pre-Diabetes

Lifestyle changes, coupled with a reduction in heart disease risks, will go a long way toward preventing pre-diabetes from progressing to the full-blown disease, experts from the American Association of Clinical Endocrinologists (AACE) recommend.

Pre-diabetes occurs when blood sugar levels or impaired glucose tolerance is elevated, but not quite to the point defined as diabetes. More than 56 million Americans currently suffer from pre-diabetes, according to the U.S. Centers for Disease Control and Prevention.

"Diabetes has become the major problem in the United States," Dr. Harold Lebovitz, a professor of medicine at the division of endocrinology and metabolism/diabetes at the State University of New York Health Sciences Center at Brooklyn, said during a noon teleconference Wednesday. Read more in this article from the Washington Post posted on line at:

<http://www.washingtonpost.com/wp-dyn/content/article/2008/07/23/AR2008072302555.html>.

4. **Province invests in diabetes strategy**

Ontarians with diabetes will be the winners in a \$741 million education and prevention strategy announced by the province earlier this week.

"Our plan will help Ontarians living with diabetes get better access to the care they need, when and where they need it," said David Caplan, minister of Health and Long-Term Care in a release. "By improving the way we prevent, treat and manage diabetes, thousands of Ontarians will benefit from a better quality of life."

The initiative, which will be funded over four years, includes an online registry promoting better self-care for diabetics by providing them tools to help manage their disease. The registry will also enable physicians to easily check patient records, access diagnostic information or send patient alerts. Read more in this article from the Tillsonburg News posted on line at:

<http://www.tillsonburgnews.com/ArticleDisplay.aspx?e=1128850>.

5. **Diabetes Research News**

- **Antioxidants Improve Diabetes Complication** - Antioxidants Improve Diabetes Complication. People with type 2 diabetes are more likely to suffer from memory problems, especially right after eating. A new study in *Nutrition Research* found that taking antioxidant vitamins with food can help people with diabetes offset the memory-robbing effects of a heavy meal.

In the new study, 16 adults with diabetes, on separate occasions, were given a high-fat high-carbohydrate meal or the same meal plus 1,000 mg of vitamin C and 800 IU of vitamin E. After eating, they took a series of tests to measure memory capacity.

After eating the test meal alone, the people had a harder time remembering words and information presented to them. Taking antioxidant vitamins with the meal prevented this from happening. "In adults with type 2 diabetes, co-consumption of antioxidant vitamins minimizes meal-induced memory impairment, implicating oxidative stress as a potential contributor to these decrements," said the study's authors. Read more in this article from the Healthnotes Newswire posted on line at:

http://www.medfinds.com/healthnotes.php?org=medigrative%2Cmedigrative&page=newswire/newswire_2008_07_24_2.cfm.

- **Growth Hormone Therapy May Decrease Diabetes Risk in Girls With Turner Syndrome.** Growth hormone (GH) treatment has beneficial effects on body composition, regional fat deposition and glucose tolerance in girls with Turner syndrome, a study suggests.

"We found that GH-treated girls were leaner, with less abdominal fat and normal glucose tolerance compared with never-treated girls in the current study and compared with Turner syndrome girls in studies before the era of GH treatment," the study team reports in the June issue of the *Journal of Clinical Endocrinology and Metabolism*. Read more in this article from the RM Global Health posted on line at: <http://rmgh.net/news-room/1-global-health-news/732-growth-hormone-therapy-may-decrease-diabetes-risk-in-girls-with-turner-syndrome.html>.

- A report by scientists from The Netherlands published online in *The FASEB Journal* (<http://www.fasebj.org/>) identifies a compound in human saliva that greatly speeds wound healing. This research may offer hope to people suffering from chronic wounds related to diabetes and other disorders, as well as traumatic injuries and burns. In addition, because the compounds can be mass produced, they have the potential to become as common as antibiotic creams and rubbing alcohol. Read more in this article from Medical News Today posted on line at: <http://www.medicalnewstoday.com/articles/116043.php>.
- Thousands more children and adults with type 1 diabetes could benefit from 'life-changing' insulin pumps, following new National Institute for Health and Clinical Excellence (NICE) guidance issued on Wednesday 23rd July 2008.[i] The new guidance recommends insulin pumps for children younger than 12 years with type 1 diabetes when doctors believe conventional insulin injections are impractical or inappropriate. Read more in this article from Medical news Today posted on line at: <http://www.medicalnewstoday.com/articles/115923.php>.

6. Fighting Chronic Disease is Key to US Health Care Crisis

With the presidential election season in full swing, health care is a topic continually under the microscope. Everyone from health policy experts to individual patients wants to improve health care in America. But the only way to do this is to focus on the prevention of chronic diseases. Why? Because chronic diseases are the single greatest threat to our nation's health and to our health care system in terms of lives lost and money spent.

Chronic diseases can be defined as ongoing, generally incurable illnesses such as asthma, arthritis, cancer, diabetes and heart disease. In the U.S., chronic diseases account for more than 75 cents of every dollar spent on health care, and are the number one cause of death and disability, according to the Centers for Disease Control and Prevention (CDC). Read more in this article from Eastern Group Publications posted on line at: <http://www.egpnews.com/index.cfm?fuseaction=browse&id=%3C!id!%3E&pageid=934>.

7. Flossing could save your life

We all know that good oral hygiene is important for the pearly whites. But now there's even more reason to floss: it may help to ward off a deadly cancer.

Gum disease and other dental difficulties have already been linked with an increased risk in heart disease, heart attacks, stroke, diabetes and pre-term and low birth-weight babies. And now researchers have found a connection between flossing and pancreatic cancer. Read more in this article from The Sudbury Star posted on line at: <http://www.thesudburystar.com/ArticleDisplay.aspx?e=1128840>.

"Statin therapy is well established for the primary and secondary prevention of cardiovascular disease in the general population, but its effectiveness in patients with kidney disease is unclear," comments Dr. Rainer Oberbauer of the Medical University of Vienna, one of the study authors. "We showed that statin therapy was indeed associated with a lower risk of death in renal transplant recipients." Read more in this article from the Science Daily posted on line at: <http://www.sciencedaily.com/releases/2008/07/080723171841.htm>.

To increase awareness about kidney disease in the African American community, the National Kidney Disease Education Program (NKDEP) is offering a Family Reunion Initiative designed to increase dialogue about kidney health at family reunions nationwide. NKDEP has developed an easy-to-use Family Reunion Health Guide that contains important health information related to the connection between diabetes, high blood pressure and kidney disease that can be shared with family members. Read more in this article from the LA Watts Times posted on line at: <http://www.lawattstimes.com/articles/2008/07/24/health/health1.txt>.

<http://recipes.howstuffworks.com/hearty-lentil-stew-recipe.htm>.

